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# INFORMATION FOR THE PRESS



## U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON, D. C

RELEASE FOR PUBLICATION  
APRIL 4, 1934 (WEDNESDAY)

### THE MARKET BASKET

by

Bureau of Home Economics, U.S. Department of Agriculture.

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### FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	Every meal --	Milk for children, bread for all.	:
:			:
:	Every day --	Two to four times a week --	:
:	Cereal in porridge or pudding	Tomatoes for all	:
:	Potatoes	Dried beans and peas or peanuts	:
:	Tomatoes (or oranges) for children	Eggs (especially for children)	:
:	A green or yellow vegetable	Lean meat, fish or poultry, or	:
:	A fruit or additional vegetable	cheese	:
:	Milk for all		:
:			:

### EGGS ANY STYLE

If you have ever lived on a farm, ever raised chickens anywhere, or for that matter if you have merely visited your country cousins, you must have been interested in the tribal names of the barnyard fowls. Think of half a dozen only, and you have traveled almost around the world, and glimpsed a thousand generations of the human race. Shanghai, Cochin China, Brahma, Leghorn, Dorking, Plymouth Rock--all the way from the Orient and Malaysia to Europe, and thence to America with our early colonists, came our chickens. And here they are bred and cross-bred to perfect the quality of their meat and eggs.

Hens' eggs, then, we are reminded by the Bureau of Home Economics of the U.S. Department of Agriculture, are one of the oldest foods in the world, as well as one of the most important. Almost every nation has its typical way of using eggs.

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Many of those ways we see in the Chinese restaurant, the Italian, French, Spanish, Swedish, Russian, or Mexican restaurants in our cities. Not so often do we copy these dishes at home, but we might well do so, for most of the other countries use eggs in combinations which are highly nourishing and economical.

Take egg foo yeung, for instance. An omelet, really, with bean sprouts or mixed vegetables, and a little shredded cold chicken, served with a thickened soy-bean sauce. Canned bean sprouts, by the way, can be bought in many places, and fresh ones are always in the markets that are patronized by Chinese. Or possibly you sprout your own.

In Italy, as you would expect, they serve eggs cooked with spaghetti and tomatoes. Eggs Milanese, an excellent dish for a meatless day, are hard-cooked eggs, sliced, and spread over the top of the spaghetti and tomatoes. Again, with the Italian liking for the green leafy vegetables, there are eggs Florentine, or in other words, poached eggs on a bed of spinach, with grated cheese on top of the eggs, lightly browned in the oven. And stampa di spinaci, which is a mold of spinach, eggs, and cream sauce.

French cooks have the reputation of doing more things with eggs than any other cooks. French omelettes and French egg dishes of different sorts are far too numerous to mention. But, for one instance, it is eggs that make French pancakes (crepes Suzettes) so good--the rich batter made with eggs and milk, spread very thin on the griddle. The pancake, when it is nicely browned, is spread with jelly, rolled, and dusted with powdered sugar. The typical French omelet is a plain flat omelet, and it is used in France as a sort of pocket for almost any other kind of food. An omelette aux fines herbes (fine-cut herbs of several kinds) is something to remember! So is an omelette aux fraises (with strawberries) served as a dessert, and you might also try an omelette aux pommes (with apples). The Spanish omelet we all know, with its tomatoes, green peppers and onions.





Then the souffle. To the plain souffle may be added meat or fish or cheese, or vegetables, or fruits, mixed with a cream sauce. Salmon souffle, made with our American canned salmon, is one of the most nutritious combinations that could be devised, because it contains milk and egg values plus the vitamin and mineral values of the salmon. But a souffle must be cooked very slowly, with very low heat, or it will not stand up.

Many Swedish egg dishes are made as a custard. Chopped meat, flaked fish, or chopped vegetables are put in a baking dish, the custard poured over them and the dish set in a pan of warm water to bake.

Poached eggs a la Portugaise are served on molds of rice which has been steamed in tomato sauce. Over them you pour cheese sauce.

Matzo egg cake is the Jewish Eierkuchen, made with eggs, matzo meal, and water, with salt to season. The egg yolks and whites are beaten separately, and after the mixture is complete, it is dropped on a hot greased skillet or griddle, and browned on both sides, to be served with syrup, sugar, and cinnamon or preserves.

The Mexicans serve fried eggs with a sauce made of tomatoes, onions, green peppers and parsley. In Nova Scotia they make another excellent food combination when they serve poached eggs on codfish cakes, with tomato sauce.

When it comes to salad dressings and sauces made with eggs, we find we owe one of our favorites to the Russians--a mayonnaise to which is added chopped green pepper, chili sauce, chopped chives, and a hard-cooked egg, chopped. There you have Russian dressing.

Among the cakes, or shall we say rather the confections, are the Swedish torte, made with eggs, sugar, potato flour and lemon juice for flavoring; and the German cinnamon sticks (Zimmetstangen) made of egg whites, sugar, pounded almonds, and cinnamon.

These dishes and the recipes given here have been taken from collections made by several authorities. It may be, of course, that some of them have been Americanized, and certain it is that there are many more, from many more countries, that might well have been included but for limits of space.





## RECIPES

### Egg Foo Yeung (Chinese Omelet)

6 eggs, well beaten	1/2 cup cold chicken or other meat
1 can bean sprouts or mixed	shredded
vegetables, well drained	1/2 cup onion, shredded

Mix all ingredients and put by half-cupfuls into skillet in which a little cooking oil has been heated. Cook in cake form. Fry until brown on one side, then turn and brown on other. Serve with sauce made by thickening soybean sauce with cornstarch.

### Stampa di Spinaci (Mold of spinach with eggs--Italian)

1 cup milk	Grated cheese
1 tablespoon butter	3 eggs
1 tablespoon flour	Brown stock
2 cups cooked spinach	Salt and pepper

Make a smooth white sauce of the milk, butter, and flour. Add to the sauce the spinach, chopped very fine, a few tablespoons of grated cheese, the eggs beaten, a few tablespoons of brown stock (or a bouillon cube dissolved in a little hot water), and salt and pepper to season. Mix thoroughly and pour into a buttered mold. Steam as a custard until it is firm, then turn it out on a hot platter. Brown stock or tomato sauce may be poured over this, but it is excellent served hot just as it is.

### Salmon Souffle

2 cups (1 No.1 can) salmon	Salt and pepper
1/2 cup bread crumbs	Paprika
1/2 cup milk	
3 eggs, separated	

Flake the salmon and remove the bones. Heat the bread crumbs in the milk for 5 minutes. Add the salmon, the well beaten egg yolks and the seasonings. Fold in the stiffly beaten whites. Pour into a buttered baking-dish, set into a pan of hot water, and bake in moderate oven (350° F.) for 45 minutes, or until set.

### Zimmetstangen (German cinnamon sticks)

4 egg whites	1 ounce cinnamon
3/4 pound sugar	14 ounces pounded almonds

Beat the whites of eggs until stiff and stir with the sugar for 15 minutes, or until the sugar is practically dissolved. Then add the cinnamon and almonds to form a paste. Place little strips of this paste (about 3 inches long and 1/2 inch thick) on a buttered cookie sheet and bake in a moderately hot oven (375° - 400° F.)





# U. S. DEPARTMENT OF AGRICULTURE

## OFFICE OF INFORMATION

### PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
APRIL 26, 1934 (WEDNESDAY)

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#### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture.

#### FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	:			
:	Every meal -- Milk for children, bread for all	:		
:	Every day --	Two to four times a week --	:	
:	Cereal in porridge or pudding	Tomatoes for all	:	
:	Potatoes	:	Dried beans and peas or peanuts	:
:	Tomatoes (or oranges) for children	:	Eggs (especially for children)	:
:	A green or yellow vegetable	:	Lean meat, fish, or poultry or	:
:	A fruit or additional vegetable	:	cheese	:
:	Milk for all	:	:	:

#### HOW DO YOU PLAN YOUR MEALS?

It is one thing to know that your family ought to have a balanced diet. To provide such a diet is something else. There is decidedly a "how" to it, quite aside from the question of cost. In fact, says the Bureau of Home Economics of the U. S. Department of Agriculture, meal planning is a science as well as an art, no matter whether you have very little money to spend, or all you want.

The science of it is to provide the right variety of foods, as well as the right quantity. For lack of a better term, nutrition specialists call that balancing the diet. And they go on to give the formula, in their own language, which is: Provide the foods that will furnish proteins, minerals, vitamins, and energy in amounts to meet the demands of the body. A simple formula, if only you know which foods will do the job! But do you?

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The specialists fortunately help us out on that. They tell us that milk and milk products, eggs, meat, poultry, and fish are the chief sources of protein. Fruits and vegetables are important for minerals and vitamins. Bread and cereals, starchy vegetables, sugars, and fats are classed as energy foods, and provide body fuel or calories. Each of us needs each of those kinds of food every day.

Then there comes the question of the kind of family you have. How many are children, how old are they, and are they boys or girls? What kinds of work do their parents do--that is, does the work take much physical exertion? Are there old people in the family? We need different quantities of food at different ages and according to activity. Very active people need more than others. Growing boys and girls need more perhaps than they ever will need again. You look your family over from this point of view and see how much to buy and how much to cook--with your eye on your fifteen year old son if you have one. He will eat as much as his father, possibly more. The younger children will need less, according to age, but always plenty to grow on--plenty of milk especially.

So you plan the day's meals as a whole--to make sure that everything needed is there, sometime during the day. Breakfast, according to our habits, is likely to furnish chiefly energy foods and some protein, but not much in minerals and vitamins, unless you have eggs and fruit. Dinner, as the big meal of the day, with vegetables, or with fruits, or both, should include all the kinds of food we need. But if any one meal is lacking in anything, or short in quantity of any necessary kind of food, you can very well balance up in the next meal.

Putting it the other way round, even a nutritionist has been known to say, "If I eat what I need at breakfast and dinner, I can have what I want for supper."

Coming down to actual cases, then. Breakfast on the farm, where the family is up and doing long before they eat, is naturally a bigger meal than the breakfast of the city family, eaten before there has been time to "work up an appetite." So there will be plenty of calories, plenty of protein, too, in the farmer's breakfast--which will be, say, oatmeal, sausage, hot cakes, and coffee, often potatoes,





as well; or maybe ham and eggs with hominy grits, biscuits, and coffee; maybe hamburger patties and fried mush with sirup, or with fried potatoes; or mush and milk, corned beef hash with poached eggs, hot rolls, and coffee. Any of these breakfasts would be better with some fruit, fresh or stewed, such as apples, peaches, pears, or grapes, or oranges, in season; or stewed prunes, apple sauce, or canned fruit at any time. And they would not be expensive on the farm that grows its own food for the family.

But the city family may have to do with a lighter breakfast and may indeed prefer it. For cheapness and food value, then, cracked wheat or oatmeal with top milk, toast, and coffee may be enough; or fruit of some kind, fried mush and sirup with coffee; or fried salt pork with hominy grits and milk gravy; or French toast and coffee. For the children in all cases, milk. They should have, in some form, a quart of milk a day, or at least a pint and a half. So give them at least a glass of milk for breakfast.

Dinner will probably include bread, meat, potatoes -- and there, to go no farther, you have plenty of calories and plenty of protein. But you need more vegetables, or else fruit, or both. Tomatoes and cabbage are the old reliables when it comes to supplying vitamins at lowest possible cost. Or any kind of greens will be good -- turnip greens, beet tops, mustard, collards, spinach, or the dandelions and other wild greens that are now coming on. Serve greens often -- every day is not too often.

So far we have included some of all the kinds of food, but there is one elusive vitamin that calls for special attention. That is vitamin C, which is plentiful in tomatoes, and especially in raw fruits and vegetables, but is often lost in cooking. For vitamin C, therefore, use plenty of raw salads. Cold slaw is a good one, or cabbage strips crisped like celery, or shredded cabbage with grated carrots or carrot sticks, or raw turnips, or raw apple, or other fruit on lettuce, to add more vitamin C.





Dinner, then, since it has several kinds of food, including vegetables, is the most complete meal as to food value. (Don't forget, by the way, that macaroni, rice, hominy, etc., though often served at dinner in place of potatoes or some other starchy vegetable, are cereal foods, not vegetables). But again, whatever substance is lacking or scarce in dinner can be made up in lunch or supper. A vegetable chowder, made of left-overs and milk makes a good supper because milk supplements all the other kinds of food. A cheese dish is good, because cheese is made of milk. Dried beans or peas are a good dish for any meatless meal, or for a meatless day, because they are rich in protein in addition to their minerals and vitamins. The protein of beans and peas is not "complete" as are the animal proteins in milk, eggs, and meat, but it is very substantial food nevertheless.

Finally, then: To provide a balanced diet, serve to your family, every day, milk in some form, either to drink, or in soups, sauces, desserts, or as cheese; give them vegetables or fruits or both, especially potatoes, tomatoes, the green leafy vegetables and the yellow ones, serving some of them raw; give them bread and cereals; fats and sugars of some kind; and meats, eggs, or fish, when you can. Serve coffee and tea for the grown-ups, if they want these stimulants, but remember that they have no food value, and must not be served as taking the place of anything else. Sweets should come at the end of the meal in order not to take away appetite for more nutritious foods.

Give the children plenty of milk every day, and remember that grown-ups need it, too, though not so much. If they do not care to drink it, serve milk soups, or use milk in desserts, or otherwise in cooking. Milk is the very best source of calcium, which children must have to make their bones and teeth grow, and the rest of us need to keep ours in repair.





U. S. DEPARTMENT OF AGRICULTURE  
OFFICE OF INFORMATION  
PRESS SERVICE



WASHINGTON, D. C

RELEASE FOR PUBLICATION  
APRIL 18, 1934 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all.

Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish or poultry, or cheese
A fruit or additional vegetable	
Milk for all	

STORING UP THE GARDEN "SURPLUS"

The plan is the thing, and we are talking about your garden. Not just your garden, either. Your food supply next winter, as well as through the summer. If your garden is to help out all the year round, it must yield more than merely fresh vegetables enough for your table during the growing season. For a well-balanced winter diet, you will need to draw upon three sources for your vegetables and fruits. First, your fruit and vegetable cellar, if you are blessed with such, where lie your potatoes, sweetpotatoes, cabbage, and the other vegetables that can be stored--carrots, turnips, squash, etc. Also apples. Then your pantry shelves, well-filled, let us hope, with canned fruits and canned vegetables, especially tomatoes. Also dried beans or peas or both, nuts if you can get them, and other dried foods especially dried corn and dried okra, likewise some dried fruits.





Third, and last, of course, for what you have not stored or canned or dried, you go to the grocery store, where you hope to spend only what you must to supplement your home supplies.

But, how much can your garden grow? And do you have any apple trees or berry patches? How much food should you try to put away for winter? The Bureau of Home Economics of the U. S. Department of Agriculture can tell you how much of vegetables and fruits you need for a proper diet, summer or winter. Your State agricultural authorities, your county agent or any of your State extension workers, can help you with a food preservation budget and a garden plan to fit your climate and location.

So much for the beginning of a plan--providing, first, for fresh garden foods throughout the growing season, then a four-part budget of your food needs for the winter, to be provided by storing, by canning, by drying, and by purchase. What you can grow for a storage can be determined right off by how much ground you have. Potatoes, cabbage, turnips, squash, take a lot of garden space. Perhaps you will have to buy them. That might mean drying more corn, beans or peas, for it is easier to dry these vegetables than to can them.

Your canning budget should be determined first of all by your needs, of course, but no less important are your facilities for canning. Corn and peas, for example, should be canned only with a steam-pressure cooker. This is true of all the non-acid vegetables, which means all except tomatoes. There is no economy in canning sweetpotatoes, or any other vegetables that can be stored.

Tomatoes and fruits, however, are easy to can. With an eye to winter needs, it would be a good policy to plant plenty of tomatoes for canning, and--unless you have a steam pressure cooker--give less attention to canning other vegetables, which need temperatures higher than can be obtained either in open-kettle or water-bath canning.

But there is another possibility--a probability rather. Even if you do





not, yourself, own a steam pressure cooker, you may be able to use one this summer, for there will be more community canning centers than ever, just as there are more community gardens. If you do your canning in such a center, well-equipped and well-equipped and well-supervised, you can put up vegetables of all kinds, and meats also, with greater expectancy of success.

And now for a little figuring. For a well-balanced diet through 6 or 7 months of winter, says the Bureau of Home Economics, your family of five should have about 10 bushels of potatoes; at least  $1\frac{1}{2}$  bushels of cabbage and 3 bushels would be better (you can make some of it into kraut);  $1\frac{1}{4}$  to  $2\frac{1}{2}$  bushels of carrots, yellow turnips, or yellow squash; 1 to  $1\frac{1}{2}$  bushels of onions; 6 to 15 bushels of apples; dried beans, 1 or 2 bushels; dried fruit, 30 to 40 pounds. If your garden and orchard yield that much more than your summer-time needs, and if you have a good storage place in which to put them away, that supply of stored vegetables and fruit will go a long way toward good living in winter. Canned or dried fruits and vegetables should do the rest. That calls for a canning budget which would include anywhere from 150 to 300 quarts of canned vegetables, largely tomatoes; and it should include 100 to 200 quarts of canned fruits.

Those are outside figures, of course. Your needs will vary between those lowest and highest figures according to the length of the winter in your part of the country, and the quantity of apples, potatoes, pumpkins, squashes, carrots, onions, beets, turnips, rutabagas, and cabbages you may put away in your vegetable and fruit cellar. Your store of canned foods may have to carry you through some dry weeks in summer, if you have that kind of weather and your garden fails you in mid-season. You and your State or county agricultural authorities will know best how to provide for that and other local situations or probabilities.

The point is, the Bureau of Home Economics repeats, a plan. You may think it makes no difference. Why not take things in the season as they come, and put



up as much as you may of each? The answer is! When you do that you are likely to fill up all your jars with early fruits and vegetables and have few containers left when the late tomatoes come along--and--except oranges and grapefruit--tomatoes are your most important source of vitamin C in winter.

In other words, when you plan your garden with year-round budget in hand, you are almost certain to find yourself, when winter comes, with a better-balanced and more varied food supply than you would have if you took things as they come along. You balance your food budget this way.

Looking ahead, then, you will want from your pantry shelves next winter canned foods enough to last until fresh vegetables and fresh fruits come again in the spring. You will want the canned foods in addition to the root vegetables and cabbage you have stored, and in addition to dried beans or peas or dried corn. On the days that you serve tomatoes you can do without fruit if you wish. On the days that you serve cabbage or carrots or sweetpotatoes or turnips or squash, you do not need green beans or peas or spinach or other greens, although it is a good thing to have them and fruit besides.

Or to put it another way--probably you will serve potatoes almost every day at one meal or another. Most people do. But you need, besides potatoes, at least one other vegetable and preferably two, and also a fruit. When it comes to selecting that other vegetables, nutrition specialists tell us to make sure of a green one or else a yellow one--if not both--not merely because the colors are gay and pleasing but because they are signs of vitamins necessary to balance your diet. Then serve a fruit besides.

But, for one last word this: Don't skimp the family on fresh garden foods in summer solely for the purpose of storing them for the winter. That is poor economy in the long run. And by all means plan for garden greens to grow as nearly through the year as possible.

DEPARTMENT OF THE HISTORY

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# INFORMATION FOR THE PRESS



## U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



RELEASE FOR PUBLICATION  
APRIL 25, 1934 (WEDNESDAY)

WASHINGTON, D. C

### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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### FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

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Every meal -- Milk for children, bread for all

#### Every day --

Cereal in porridge or pudding	:	Tomatoes for all
Potatoes	:	Dried beans and peas or peanuts
Tomatoes (or oranges) for children:	:	Eggs (especially for children)
A green or yellow vegetable	:	Lean meat, fish or poultry, or cheese
A fruit or additional vegetable	:	
Milk for all	:	

#### Two to four times a week --

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### MORE CANNING CENTERS THAN EVER

Community canning is before us. This year's plans look to bigger undertakings than ever before, despite the record of millions of quarts of vegetables and fruits, and millions of pounds of meat put up in community canning centers last season. Much of this was canning for relief purposes, both to furnish employment and to provide food. Those needs still exist. But community canning is also a part of the "live-at-home" program which has long been under way in farming communities under leadership of the extension service. Community canning is, in many places, under direct supervision of the county home demonstration agent. To assist inexperienced canners anywhere, the Bureau of Home Economics of the U. S. Department of Agriculture contributes technical advice on canning operations and on management of the center.





The simplest kind of canning center, of course, is the neighborhood cooperative arrangement where families pool their equipment and do the work together. Another kind is the traveling canning kitchen, which is routed through the county in charge of a trained worker. Then there is the more ambitious undertaking which calls for a larger place to work in, more equipment, and regular business procedure. The supervision here may be furnished by a home demonstration agent, a home economics instructor, or a carefully chosen manager for the community plant. But skilled supervision there must be, experience has proved--also proper working space, plenty of pure water, thorough screening, good lighting, ventilation, sanitation, and proper disposal of waste water and garbage. In fact, the state sanitary regulations apply.

The community canning center is often housed in some temporarily unoccupied building, preferably a factory building, but often a cheap wooden structure is erected for the purpose. Stoves, steam-pressure cookers, and other equipment must be set up and tended by somebody who knows how and is responsible. Conditions will determine, of course, whether to provide several cookers of household size, with other equipment which later on can be used in somebody's home, or to provide hotel or factory-size retorts and other large-scale apparatus. Three household-size cookers and several two and three burner gas stoves constituted the main equipment of one very efficient canning center in Oregon. On the other hand, the relief canning plant at Fort Worth, Texas, housed in an unoccupied factory building, was equipped with factory-size boiler and steam cookers, with an engineer in charge. This plant was one of 19 in this cattle-raising State, which turned out a total of more than  $6\frac{1}{2}$  million pounds of canned beef last year for relief purposes.

Once your center is financed and housed, your floor space planned, your equipment installed, the manager or supervisor has the work-a-day job of keeping





a record of all transactions affecting either materials, equipment, the personnel, or the persons served. She - or he - has also the job of routing the work through the plant. And on this point the canning experts of the Bureau of Home Economics lay great emphasis.

Nothing is more important, they say, than to provide for expeditious handling of the raw materials - those highly perishable garden products that are to be canned. If possible, can each day's supply on the day it comes - which is another way of saying regulate the supply itself to fit the day's capacity of the plant. To hold ripe fruits and vegetables over night under ordinary storage conditions is to run the risk of spoilage. In any case, the canned product is never any better in quality than the raw material, and vegetables to be good after they are canned should be fresh when they go into the can. Starchy vegetables - especially corn and peas and lima beans - lose their sweetness if they stand. The sugar begins to change to starch as soon as they are picked and this process goes on rapidly unless they are kept in a refrigerator; and refrigerators big enough for such large quantities are usually not available in a noncommercial enterprise.

The directions issued by the Bureau of Home Economics include itemized lists of equipment, the area and height of working surfaces, with diagrams for arrangement in the kitchen. They tell how to select glass jars and why or when to use tin cans. They show the approximate yield, canned, of given quantities of raw vegetables or fruits, and they explain briefly the principal points in the canning process. Even the smallest canning center, they say, should make provision for the complete series of operations, from receiving and checking products to be canned, keeping records of each lot, preparing the foods and containers, through each step in the canning, down to labeling the cans, storing them and cleaning up the plant at the end of the canning season.



After all, each center is a problem peculiar to itself, and the local or State extension workers are the best authorities on specific questions. But there are general rules that help in the planning and management, and consequently the efficiency of the plant. The directions referred to here can be obtained from the Bureau of Home Economics, Washington, D. C., upon request. Further information on "Canning fruits and vegetables at home," Farmers' Bulletin 1471, of the U. S. Department of Agriculture, can be had from the Superintendent of Documents of the Government Printing Office, Washington, D. C., at a cost of 5 cents per copy. This bulletin gives detailed instructions for the entire home canning procedure, including time and temperature tables for the processing of each of the common fruits and vegetables.

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